



Statistics Report 35057, Oil, bearded seal (Oogruk) (Alaska Native)

Report Date: July 16, 2017 03:31 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3	g	0.02	4	0.018	0	0.07	3.0	-0.04	0.077	3	Aggregated data involving combinations of source codes 1 & 12	--	05/2007
Energy	kcal	899	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Energy	kJ	3760	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Protein 1 2 3	g	0.56	4	0.429	0	1.81	3.0	-0.803	1.928	3	Aggregated data involving combinations of source codes 1 & 12	--	05/2007
Total lipid (fat) 1 2 3	g	99.60	4	0.266	98.95	100.07	3.0	98.757	100.448	3	Aggregated data involving combinations of source codes 1 & 12	--	05/2007
Ash 1 2 3	g	0.00	3	0.000	0	0	3.0	--	--	3	comb. of codes other then 1,12 or 6	--	05/2007
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca 1 2 3	mg	0	3	0.000	0	0	2.0	--	--	3	Aggregated data involving combinations of source codes 1 & 12	--	05/2007
Iron, Fe 1 2 3	mg	0.00	3	0.000	0	0	2.0	--	--	3	Aggregated data involving combinations of source codes 1 & 12	--	05/2007
Magnesium, Mg 2 3	mg	0	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	05/2007
Phosphorus, P 1 2 3	mg	0	3	0.000	0	0	2.0	--	--	3	Aggregated data involving combinations of source codes 1 & 12	--	05/2007
Potassium, K 2 3	mg	0	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	05/2007
Sodium, Na 2	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Zinc, Zn 2 3	mg	0.00	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	05/2007
Copper, Cu 2 3	mg	0.000	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	05/2007
Manganese, Mn 2 3	mg	0.000	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	05/2007
Selenium, Se 2 3	µg	3.3	2	--	0	6.5	1.0	--	--	2	Analytical or derived from analytical	--	05/2007

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid ³	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Thiamin ^{1,3}	mg	0.011	2	--	0	0.02	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	05/2007
Riboflavin ^{1,3}	mg	0.000	2	--	0	0	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	05/2007
Niacin ^{1,3}	mg	0.000	2	--	0	0	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	05/2007
Pantothenic acid ³	mg	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin B-6 ³	mg	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Folate, total ³	μg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Folate, food	μg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Choline, total ³	mg	0.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Betaine ³	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12 ³	µg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin A, RAE	µg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Retinol ²	µg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin A, IU	IU	33	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin E (alpha-tocopherol) ^{2,3}	mg	10.28	3	0.208	9.87	10.55	2.0	9.383	11.177	2	Analytical or derived from analytical	--	05/2007
Tocopherol, beta ^{2,3}	mg	0.00	3	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2007
Tocopherol, gamma ^{2,3}	mg	0.00	3	0.000	0	0	2.0	--	--	2	Analytical or derived from analytical	--	05/2007
Tocopherol, delta ^{2,3}	mg	0.00	3	0.000	0	0	2.0	--	--	2	Analytical or derived from analytical	--	05/2007
Vitamin D (D2 + D3)	µg	0.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D ²	IU	30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin K (phylloquinone) ^{2,3}	µg	0.0	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	05/2007
Lipids													
Fatty acids, total saturated ¹	g	10.926	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
8:0 ^{2,3}	g	0.000	3	0.000	0	0	2.0	--	--	2	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0 ² ₃	g	0.000	3	0.000	0	0	2.0	--	--	2	Analytical or derived from analytical	--	05/2007
12:0 ² ₃	g	0.080	3	0.006	0.07	0.09	2.0	0.055	0.105	2	Analytical or derived from analytical	--	05/2007
14:0 ² ₃	g	2.520	3	0.057	2.41	2.6	2.0	2.275	2.764	2	Analytical or derived from analytical	--	05/2007
15:0 ² ₃	g	0.310	3	0.065	0.24	0.44	2.0	0.03	0.59	2	Analytical or derived from analytical	--	05/2007
16:0 ² ₃	g	6.903	3	0.295	6.48	7.47	2.0	5.636	8.171	2	Analytical or derived from analytical	--	05/2007
17:0 ² ₃	g	0.157	3	0.037	0.11	0.23	2.0	-0.003	0.316	2	Analytical or derived from analytical	--	05/2007
18:0 ² ₃	g	0.940	3	0.131	0.79	1.2	2.0	0.378	1.502	2	Analytical or derived from analytical	--	05/2007
20:0 ² ₃	g	0.017	3	0.009	0	0.03	2.0	-0.021	0.054	2	Analytical or derived from analytical	--	05/2007
22:0 ² ₃	g	0.000	3	0.000	0	0	2.0	--	--	2	Analytical or derived from analytical	--	05/2007
24:0 ² ₃	g	0.000	3	0.000	0	0	2.0	--	--	2	Analytical or derived from analytical	--	05/2007
Fatty acids, total monounsaturated ¹	g	47.080	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
14:1 ² ₃	g	0.750	3	0.092	0.57	0.87	2.0	0.356	1.144	2	Analytical or derived from analytical	--	05/2007
15:1 ² ₃	g	0.107	3	0.071	0	0.24	2.0	-0.197	0.41	2	Analytical or derived from analytical	--	05/2007
16:1 undifferentiated ² ₃	g	18.883	3	3.038	15.14	24.9	2.0	5.811	31.955	2	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:1 2 3	g	0.287	3	0.143	0	0.43	2.0	-0.33	0.903	2	Analytical or derived from analytical	--	05/2007
18:1 undifferentiated 2 3	g	21.487	3	2.328	17.02	24.86	2.0	11.469	31.504	2	Analytical or derived from analytical	--	05/2007
20:1 2 3	g	4.847	3	0.369	4.11	5.25	2.0	3.259	6.434	2	Analytical or derived from analytical	--	05/2007
22:1 undifferentiated 2 3	g	0.640	3	0.154	0.36	0.89	2.0	-0.021	1.301	2	Analytical or derived from analytical	--	05/2007
24:1 c 2 3	g	0.080	3	0.046	0	0.16	2.0	-0.119	0.279	2	Analytical or derived from analytical	--	05/2007
Fatty acids, total polyunsaturated 1	g	33.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
18:2 undifferentiated 1 2 3	g	0.873	4	0.075	0.63	1.21	1.0	-0.08	1.825	3	Aggregated data involving combinations of source codes 1 & 12	--	05/2007
18:3 undifferentiated 1 2 3	g	0.855	4	0.065	0.74	1	3.0	0.648	1.062	3	Aggregated data involving combinations of source codes 1 & 12	--	05/2007
18:4 2 3	g	1.217	3	0.192	1.01	1.6	2.0	0.391	2.042	2	Analytical or derived from analytical	--	05/2007
20:2 n-6 c,c 2 3	g	0.240	3	0.021	0.21	0.28	2.0	0.15	0.33	2	Analytical or derived from analytical	--	05/2007
20:3 undifferentiated 2 3	g	0.183	3	0.026	0.14	0.23	2.0	0.071	0.295	2	Analytical or derived from analytical	--	05/2007
20:4 undifferentiated 2 3	g	1.343	3	0.200	1.1	1.74	2.0	0.483	2.204	2	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA) ^{2 3}	g	9.710	3	0.066	9.63	9.84	2.0	9.428	9.992	2	Analytical or derived from analytical	--	05/2007
21:5 ^{2 3}	g	0.350	3	0.110	0.15	0.53	2.0	-0.124	0.824	2	Analytical or derived from analytical	--	05/2007
22:4 ^{2 3}	g	0.170	3	0.093	0	0.32	2.0	-0.23	0.57	2	Analytical or derived from analytical	--	05/2007
22:5 n-3 (DPA) ^{2 3}	g	5.613	3	0.087	5.46	5.76	2.0	5.24	5.986	2	Analytical or derived from analytical	--	05/2007
22:6 n-3 (DHA) ^{2 3}	g	12.377	3	3.118	6.16	15.91	2.0	-1.039	25.792	2	Analytical or derived from analytical	--	05/2007
Cholesterol ^{2 3}	mg	52	3	0.285	52	52	2.0	50.608	53.059	2	Analytical or derived from analytical	--	05/2007

Sources of Data

¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 9i, 2005 Beltsville MD